



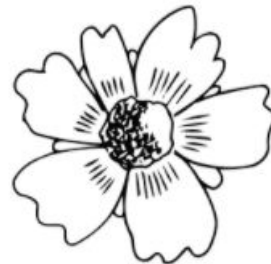
Nature Journals

Welcome to Outdoor Education, we are kicking the year off with nature journaling! In the following pages, you will find written instructions for the paper and cardboard journals featured in this week's video.

We have also partnered with the incredible educators at the Cincinnati Art Museum to bring you an amazing resource teeming with inspirational ideas on what you can do to decorate and personalize your nature journal! There is also a set of daily drawing prompts included that you can choose to use to fill your nature journal up with fun and amazing art!

cincinnati  art museum

Nature Journals

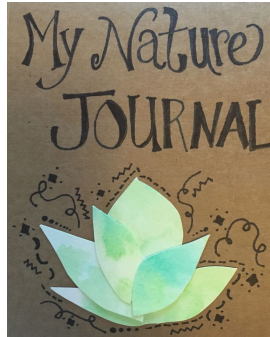


[Cincinnati Art Museum Nature Journal Inspiration](#)



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Paper Journal Instructions

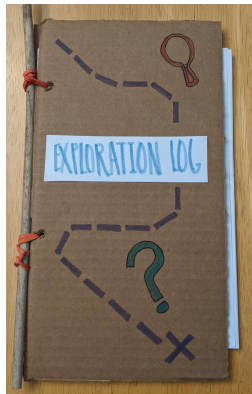


1. Get two pieces of paper and lay them on top of each other
2. Fold your pieces of paper together "Hamburger Style" so that they look like the same shape a book would be.
3. Next, unfold your pieces of paper and separate them.
4. Take one piece and cut one inch up the middle on each end of the center of the page. Set that piece of paper aside.
5. Take your other piece of paper and fold it back in half hamburger style. While it is folded in half, cut a very small slit into the side of the paper about 1 inch up from the bottom on both ends.
6. Now take your scissors and cut along the center from one slit to the other. When you are finished there should be a nice hole in the middle of your paper.
7. Now we are going to put the pieces of paper together to create your journal. Put the piece of paper with the hole in the middle flat on your working surface. Then take your other piece of paper and roll it up so you can slide one side of it through the hole in the piece of paper laying on your work surface
8. Once you have gotten both pieces of paper to interlock and lay flat, your journal has been created! You can add additional pages to your journal by repeating steps 4 and 7 with the paper you want to add
9. When you're finished be sure to check out the slideshow from the Cincinnati Art Museum for fun ways and inspirations to decorate your journal cover!



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Cardboard Cover Journal Directions



1. Decide what size paper you would like to use in your journal. This will determine how big your cardboard cover pieces will need to be.
2. Find the source of cardboard you would like to use. Empty shipping boxes and cereal boxes are both great options. Flatten the shipping or cereal box into a large rectangle.
3. Cut out a front and back cover- make sure the pieces of cardboard are a little bit bigger than the pieces of paper you are going to put inside them.
4. Use a hole puncher to punch holes into your journal pages.
5. Using your journal pages as a guide, mark where the holes on your cardboard covers will go with a pen or marker.
6. Using scissors very carefully make the holes in your cardboard covers- you could also use a single hole punch if you have one.
7. Now, head outside and find a thin long stick you would like to use to bind your journal together. Your stick should be about the same length as the side of your cardboard cover. It's ok if your stick is a little longer as well.
8. Bring your stick inside and grab two rubber bands. Take one of the rubber bands and lace it through your back cover, your journal pages, and your front cover. Do the same with your second rubber band.
9. Slide your stick through the rubber bands and twist them around the stick several times to secure the stick in place. Now you can decorate your journal!